

Among Friends

August 2015

The mission of the Holden Council on Aging is to assist seniors and their families by providing services and activities that will enable them to stay independent and living in their own homes for as long as possible.

SENIOR SERVICES
COUNCIL ON AGING
1130 Main Street
Holden, MA 01520
Tel.: 508-210-5570
Trans.: 508-210-5573
Nutrition: 508-210-5578



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Senior Center 508-210-5570
Transportation 508-210-5573
Dining Site 508-210-5578
& Lunch Reservations
Veterans' Agent 508-210-5529
Fax 508-829-0214

HOURS

Monday through Friday
8:00 a.m. to 4:00 p.m.

TIME TO DOWNSIZE?? JOIN OUR FLEA MARKET!



The Friends of HCOA will again host an indoor flea market on Holden Days, **Saturday, August 22**. We will open the building at 7:00 a.m. for the purpose of setting up and close the building at 3:00 p.m. Please remember that all items you bring in, but don't sell, you must take home with you as we have no storage availability. Cost for a table is \$20.00 and you can make your check payable to Friends of HCOA. You can bring your check to the Senior Center or mail it to Holden Senior Center at 1130 Main Street, Holden, MA 01520. If you have questions, please call Paula Grady at 508-829-3462. The kitchen will be open.

BACK BY POPULAR DEMAND...ZENTANGLE!!!!



Join us on **Monday, August 3** for a Zentangle class at 1:00 p.m. Zentangle is guided doodling under the supervision of certified teacher, Mary Shepherd. This artistic activity is foolproof, fun and relaxing. You can't go wrong! It will be held in our air conditioned senior center. Class size is limited so register now by calling 508-210-5570. Cost is \$4.00 per adult.



DENHOLMS: THE STORY OF WORCESTER'S PREMIER DEPARTMENT STORE

Join us on **Monday, August 10 at 1:00 p.m.** when Christopher Sawyer, author of "Denholms: the Story of Worcester's Premier Department Store" will talk about the history of this former New England landmark, and present pictures of downtown Worcester in its glory days. Sawyer has spent years in the retail industry and is presently the artistic director of Ralph Lauren. He is the grandson of Josephine Carbone, principal buyer and divisional merchandise manager for Denholms. Join us for this lively and informative program. Refreshments follow. The program is free and open to all. Call 508-210-5570 to reserve a seat.



REMEMBER!!!



The Senior Center is air conditioned. We make every effort to maintain the temperature @ 75°, however, if you feel you may be chilly, we encourage you to bring a sweater.



UPCOMING TRIPS

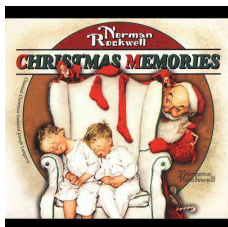


Tues., Aug. 11 ... The Bobby Darling Show & Foster's Clambake in York, ME... Touted as the Northeast's most hilarious musical comedy duo, Bobby Darling and Dr. Devine bring their show to Foster's Clambake Restaurant. If you are a fan of the Smother's Brothers you'll love this show! Not only are they two incredibly talented musicians, their uncanny wit and humor will have you in stitches. Not only will you enjoy this wonderful show but you'll also enjoy a traditional Maine Lobsterbake. Your meal includes: Whole boiled 1 1/4 lb. lobster, clam chowder, fresh steamed Mussels, Fresh Maine Clams, Corn-on-the-Cob, Potatoes & Onions, Blueberry Cake, Rolls, Butter & Beverage. (a 1/2 BBQ chicken is available as a non-lobster alternative. Cost for this trip is \$91.00/person which includes luxury bus, lobster luncheon, show and driver's gratuity.

Fri., Oct. 9 ... New Hampshire's Turkey Train ... Join us as we travel to central New Hampshire and Lake Winnepesaukee on board our deluxe motor coach for a day of fun and the wonderful sights of fall foliage. Enjoy what millions of travelers come to New Hampshire for each year, the changing of the season and the magnificent fall foliage that can only be seen in New Hampshire. We arrive in Meredith, NH on the shores of Lake Winnepesaukee for the Turkey Train. *All Aboard* the Hobo Railroad's dining car to enjoy our Turkey luncheon provided by Hart's Turkey Farm. Our meal includes Roast turkey, whipped potatoes, butternut squash, beverage and a delicious sundae to top it all off. Take in the foliage as the train rides along the shores of the lake and through wooded areas to take in the fall foliage. During our adventurous day out we will make a Mystery Stop that is sure to "sweeten your day." We will depart after our train ride with great memories of this fun day out. Cost for this trip is \$91.00/person which includes: Mystery Stop, Train Ride, Luncheon on Train, Best of Times Tour Director and Driver Gratuity. Final Payment Due by 9/17/15.



Thurs., Dec. 3 ... Norman Rockwell's Home for the Holidays ... *Luncheon at the Historic Red Lion Inn. A "must see," The Red Lion has been serving travelers since 1773. Antique filled rooms and public spaces along with the original Country Curtains Retail Store and Red Lion Inn Gift Shop on premises make the Inn a destination unto itself. *Time for Browsing Main Street-an inspiration for many of Norman Rockwell's illustrations - children want to believe in Santa Clause just as fervently as we adults want to believe in Peace on Earth and goodwill toward men.- Norman Rockwell. *Admission to the Norman Rockwell Museum including a Special Guided Tour. During the holidays, Norman Rockwell's anxiously awaited illustrations brought good cheer to millions of Americans. The



"Home for the Holidays" exhibition features original Saturday Evening Post cover tear sheets and includes many of Norman Rockwell's most memorable and enduring holidays images. This beautiful museum tour allows us to take a walk down memory lane. Your meal choices are: Yankee Post Roast, Pan Gravy or Hand Carved Native Roast Turkey, Pan Gravy. Also included: Delicious Hot Soup of the Day, The Red Lion Inn's Daily Bread Basket, Holiday Dessert and Coffee/Tea. Cost of the trip is \$100.00/person which includes: Transportation, Driver Gratuity, Luncheon, Touring and the Services of a Best of Times Tour Director.

If you are interested in any of these trips or if you have questions, please call Paula at 508-210-5575.

All trip payments are due one month prior to trips. Ticketed events may be due sooner. Remember ~ if we don't lose it, you don't lose it!!

WHEN ARRIVING FOR ANY TRIP, PLEASE PARK AS CLOSE TO THE BALL FIELD AS POSSIBLE as we have other events taking place at the Senior Center during the day.

SHINE COUNSELOR

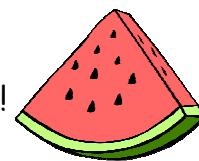
**Monday, August 10 and Monday, August 24
BY APPOINTMENT ONLY**



ANNUAL SENIOR CENTER PICNIC



Mark your calendar on *Wednesday, August 12* for our Annual Senior Center cookout! We will hold it here at the Senior Center at *Noon* and offer a lunch of hot dogs, hamburgers, watermelon, drinks and dessert! Don't bring a thing - just come and enjoy an afternoon with new and old friends. Reservations are a **MUST** and can be made by calling



508-210-5570 by 4:00 p.m. on Friday, August 7.

A VISIT TO THE WORCESTER ART MUSEUM



On **Tuesday, August 18**, we will offer a trip to the Worcester Art Museum. You'll tour the museum and enjoy lunch at the café. The bus will leave the Senior Center at **10:00 a.m.** and leave the museum to return at 1:00 p.m. Admission to the museum is **free**. Cost for the bus is **\$3.00** round trip. Lunch is on your own. Call Naomi at 508-210-5573 to reserve your seat on the van.

Seating is limited so call soon!

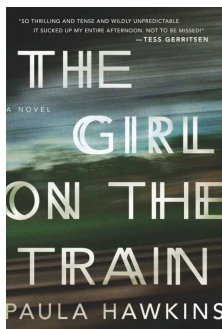


FALL PREVENTION

The Visiting Nurse Association would like to host a seven week Fall Prevention program at the Holden Senior Center. The series features group education talks and individualized screenings for osteoporosis, balance, and medication review. A grant covers the cost of the program, so there is no charge to the participants. Please give your name and phone number at the office or call 508-210-5570 if you are interested. We need at least 15 participants to schedule the program.



BOOK DISCUSSION GROUP



The book discussion group will meet at **10:00 a.m.** on **Thursday, August 20** to discuss the book, The Girl on The Train by Paula Hawkins. Rachel takes the same commuter train every morning. Every day she rattles down the track, flashes past a stretch of cozy suburban homes, and stops at the signal that allows her to daily watch the same couple breakfasting on their deck. She's even started to feel like she knows them. "Jess and Jason," she calls them. Their life – as she sees it – is perfect. Not unlike the life she recently lost.




And then she sees something shocking. It's only a minute until the train moves on, but it's enough. Now everything's changed. Unable to keep it to herself, Rachel offers what she knows to the police, and becomes inextricably entwined in what happens next, as well as in the lives of everyone involved. Has she done more harm than good?

AUGUST CHAIR YOGA

August's amazing yoga classes are: August 4 ... Open your heart, shoulders/arms/hands **GREEN**-Air; August 11... Explore your throat, neck, mouth & voice **BLUE** - Sound; August 18 ... Yoga for face, eyes, headaches **PURPLE** - Light ; August 25 ... Balance mind/body/energy **WHITE** - Thought.



AUGUST 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8-4:00 Billiards 12:00 Senior Lunch Hot Dog on Bun 1:00 Zentangle	4 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Dill Salmon Boat 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga	5 8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 Senior Lunch Pasta Primavera w/Chicken 1:00 Pitch Party	6 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch Beef Mediterranean 1:00 Bridge	7 8-4:00 Billiards 10:00 Poker 12:00 Lasagna 1:00 Cribbage 1:15 Spring Chicken Fitness
10 SHINE by Appt. Only 8-4:00 Billiards 12:00 Senior Lunch Salisbury Steak w/Gravy 1:00 Denholms Program	11 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Chicken Cacciatore 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga	12 8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 ANNUAL PICNIC By reservation only 1:00 Pitch Party	13 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch Shepherd's Pie 1:00 Bridge	14 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch Potato Crunch Fish 1:00 Cribbage 1:15 Spring Chicken Fitness
17 8-4:00 Billiards 12:00 Senior Lunch Chicken Mornay	18 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:00 Worcester Art Museum Tour 10:30 Low Impact Exercise 12:00 Senior Lunch Cracker Crumb Fish 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga	19 8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 Senior Lunch Meatloaf & Gravy 1:00 Pitch Party	20 8-4:00 Billiards 10:00 Mah Jongg 10:00 Book Discussion Grp 10:30 Low Impact Exercise 12:00 Senior Lunch Chicken a la King 1:00 Bridge	21 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch Hamburger & Roll 1:00 Cribbage 1:15 Spring Chicken Fitness
24 SHINE by Appt. Only 8-4:00 Billiards 12:00 Senior Lunch Swedish Meatballs	25 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Pork Rib-i-que 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga	26 8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 Senior Lunch Beef & Bean Chili 1:00 Pitch Party	27 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch Buttermilk Chicken 1:00 Bridge	28 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch Macaroni & Cheese 1:00 Cribbage 1:15 Spring Chicken Fitness
31 8-4:00 Billiards 12:00 Senior Lunch Breaded Fish	ZENTANGLE  Monday, August 3 @ 1:00 p.m.	DENHOLMS: THE STORY OF WORCESTER'S PREMIER DEPARTMENT STORE  Monday, August 10 @ 1:00 p.m.	VISIT TO THE WORCESTER ART MUSUEM Tuesday, August 18 @ 10:00 a.m. 	ANY ACTIVITY (or MENU) CAN CHANGE WITHOUT NOTICE

COMING IN SEPTEMBER ...

Sept. 9 ... Home Cooked Lunch

Sept. 14 ... Healthy Tips for Healthy Aging

Sept. 17 ... Benefits of Aquatic Physical Therapy

Sept. 23 ... Flu Shot Clinic

Sept. 24 ... Pen Pal Party at Mayo School

Sept. 28 ... Ken Lelen Concert

Sept. 28-Oct. 2 ... Photo Contest



FRIENDS OF HCOA

I WOULD LIKE TO:

- ☐ Renew My Membership
☐ Become a New Member

Enclosed is my \$5.00 Donation
Please Send My Membership Card To:

Name: _____

Address: _____

Telephone Number: _____

You can stop by the Senior Center to join or mail your membership to: Holden Senior Center, 1130 Main Street Holden, MA 01520.

WE WANT TO HEAR FROM YOU!!!

Several trips that we have scheduled have not had the minimum number

of people necessary to make them a go. In the past, the most popular trips have included: Casinos, Turkey Train, Foliage Trips, Radio City Music Hall, Boston Duck Tour, Clam/Lobster Bake, Whale Watch, Tall Ships, etc. Trip companies need the number of people and payment in advance of events as they have to make the financial commitment to the venue. We welcome you to

come to the Senior Center and go through the Tour Books to see what may interest you. Please call Paula 508-210-5575 or Cindy 508-210-5576 with any ideas of trips that you have and we will try to schedule according to YOUR interests.



WE NEED YOU!!!!

If you have two or fewer hours every other month - WE NEED YOU! We are looking for Pen Pals to participate in our Pen Pal Program with the 3rd graders at Mayo School. We ask you attend our "get to know you" party in September at the school then our "farewell" party in June. Between those months you write a short letter on a given subject (or one of your choosing) every other month. Questions? Call Clare at 508-210-5574.



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Holden, MA 01520